



good
mood
food:
the magic
thirteen

nourishing your body & mind

Good Mood Food: the magic thirteen lists the powerful connection between diet and mood. This guide highlights key foods that are not only nutritious but also have the potential to boost your mood and overall well-being. Incorporate these mood-enhancing foods into your daily diet and experience the positive change in your mental and physical health.

dark leafy greens

Rich in essential nutrients, they help reduce stress and improve brain function.



colourful vegetables

Packed with antioxidants, these vegetables aid in reducing inflammation and elevating mood.



turmeric

Contains curcumin, boosting brain health and offering anti-inflammatory benefits.



wild fish

High in omega-3 fatty acids, crucial for brain health and mood regulation



fermented foods

Improve gut health, which is directly linked to mood and mental well-being.

berries

Loaded with antioxidants, they assist in stress management and depression relief.



sweet potato

A source of fiber and vitamins, helps stabilize blood sugar levels, affecting mood.



whole grains

Provide consistent energy and mood stability due to their fiber and B-vitamin content.

avocado

Filled with healthy fats and fiber, supports brain health and mood stability.



almonds

Rich in magnesium and healthy fats, beneficial for brain health and mood enhancement.

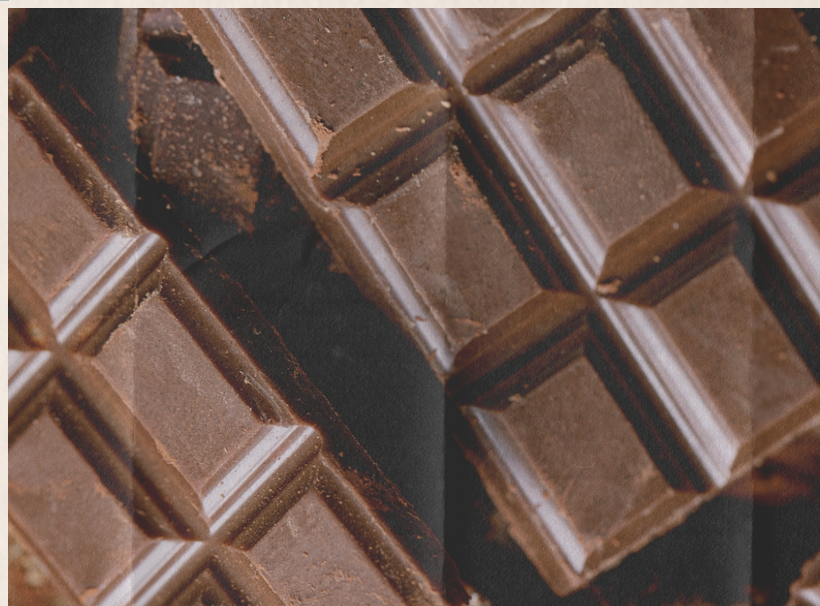


extra vírgín olíve oil

Contains brain-healthy fats essential for mood regulation.

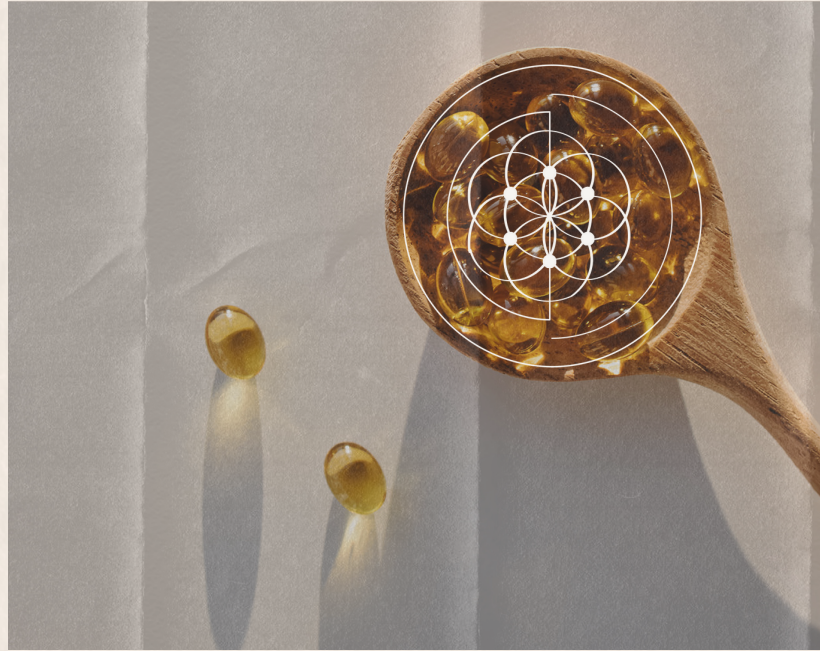
>70% dark chocolate

>70% dark chocolate
Rich in mood-boosting flavonoids and provides a pleasurable sensation.



vítamín d

Crucial for mood regulation and overall mental well-being.

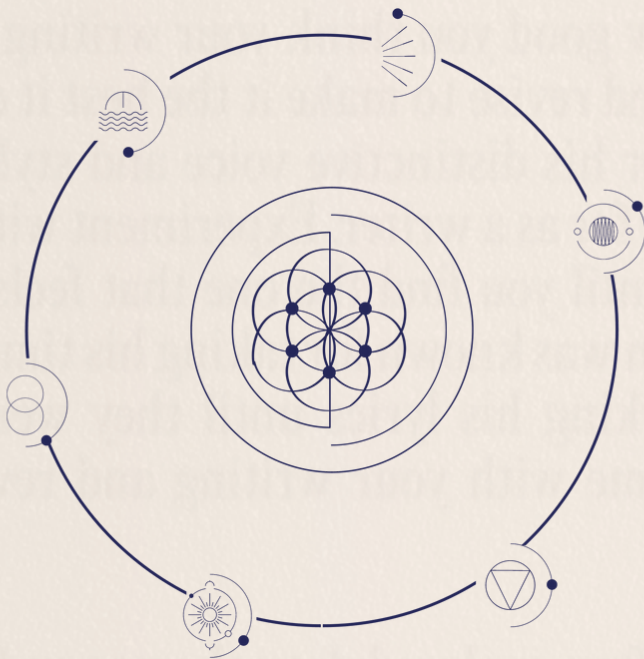


summary shopping list

- dark leafy greens (e.g., spinach, kale)
- colourful vegetables (varied types)
- turmeric (spice)
- wild fish (e.g., salmon, mackerel)
- fermented foods (e.g., yogurt, kimchi)
- berries (assorted)
- sweet potatoes
- whole grains (e.g., oats, brown rice)
- avocado
- almonds
- extra virgin olive oil
- dark chocolate (>70% cocoa)
- vitamin d (supplement or fortified foods)

elevate your health with integrative nutrition

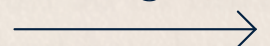
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